

Boiled Dragon Beans

Dragon beans are a tasty treat I found in the garden department of the local chain hardware store. They grow easily and bloom a beautiful deep purple. These purple beans have to be picked daily. Ones that seem tiny today, will tomorrow be a foot long and white. The best time to pick them is when they are mottled with purple. Dragon beans need more cooking time than the average green bean, a full hour. Eating them raw, or semi raw, can cause an upset stomach. They can be washed, chopped, and frozen in 12 ounce freezer bags without cooking.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to begin cooking
- B. Timer set for 1 hour later, when meal should be ready to eat
- C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Dragon beans
- Onions
- Pepper
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Pot holders
- Spoon
- Pan: 1 quart sauce pan

Ingredients:

Meat: None

Vegetables:

- 15 ounces of dragon beans

Other ingredients:

- 1 tablespoon of butter
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Place 15 ounces of dragon beans in 1 quart sauce pan.
2. Add:
 - 1 tablespoon of butter
 - Dash of salt
 - Spices, such as pepper, to taste
3. Cook to a boil over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:**Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.